The Duke Student's Guide to

BALANCED EATING

What's on a Balanced Plate & Why?

About 1/3 of your plate should be non-starchy vegetables
and fruits of various colors to provide your body with
vitamins, antioxidants, phytochemicals, fiber and carbohydrates.

About 1/3 of your plate should be whole grains for fiber, B vitamins & carbohydrates for energy.

About 1/3 of your plate should be lean protein for iron, long-term fuel, and the growth, function & regulation of your body's tissues & organs.

Disclaimer: This plate is meant for a healthy adult who engages in low to moderate recreational activity. Check with a registered dietitian for a more customized plan if you are a varsity or professional athlete or engage in strenuous levels of activity.

4 Biggest Benefits of Balanced Eating

Power up your brain to focus faster & study more effectively

Boost your immune system to stay healthy year round

Amp up your energy to boost productivity

Improve your mood and lower your stress levels

4 Biggest Barriers to Balanced Eating

I don't know where to start!

They don't have to be! Mix up your fruit, veggie & protein choices for variety and greater nutrition

Balanced meals seem repetitive and boring.

Healthy food seems so expensive!

I'm too busy and stressed to worry about balanced eating!

Starting with small, gradual changes at each meal is the key to achieving a balanced diet

By planning ahead and buying in bulk when possible, you can balance your plate and your budget

Getting more sleep and taking time for physical activity and fun can help you bust stress and make smarter nutrition choices!